

Sample Resignation Letter: Unbearable Work Pressure

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Recipient's Position]
[Company Name]
[Company Address]
[City, State, ZIP Code]

Dear [Recipient's Name],

I am writing to formally resign from my position as [Your Position] at [Company Name], effective [last working day, typically two weeks from the date above].

This has not been an easy decision, but after much consideration, I have concluded that the increasing work pressure and overwhelming workload have significantly affected my health and well-being. Despite my best efforts to manage the demands, the stress has reached a point where it is no longer sustainable for me to continue.

I am truly grateful for the opportunities I have had at [Company Name] and for the support and experience I have gained during my tenure here. Working with you and the team has been rewarding, and I appreciate all the guidance and encouragement provided throughout my employment.

In order to ensure a smooth transition and minimize any disruption, I am committed to completing my current responsibilities and assisting in training a replacement if needed. Please let me know how I can be of help during this time.

Thank you once again for the opportunities and support I have received. I hope to stay in touch and wish you and the organization continued success.

Sincerely,
[Your Name]